Worksheet for Cartesian Diver Relays

1. In the relays, you will make eight conservative dives, each consisting of two laps, one down and one up.
2. You will record the total time required for the sixteen laps, compute the average time for each lap, and compute the average speed in centimeters per second.
3. With the diver resting at the top of the tank, measure the distance from the bottom of the diver to the bottom of the tank (in centimeters) to determine distance travelled per lap.

Name of Contestant	Distance Travelled per lap	Total Distance Travelled in 16 laps	Total Time for 16 laps	Average Time per lap	Average Rate in cm/sec